

## **YOUTH FITNESS POLICIES**

The TAG Board has approved those ages 12 and up to use the TAG Center fitness center only if the following procedures are followed. (Effective Oct. 1st, 2006)

- The 12, 13, or 14 year old members must be given an orientation with a parent or guardian present. Appointments for orientations can be made with any Fitness Center staff person.
- A completed Health History form and Liability waiver must be on file prior to any orientation. All guidelines are the same as for any adult. Liability waivers must be signed by parent or guardian.
- It is recommended that the parent or guardian that was present at the orientation be in attendance with them when they workout (but not required).
- It is recommended, but not required that the parent/guardian is to help them with proper technique and assure that responsible lifting will take place.
- A guardian is anyone that will accept responsibility for this teenager while in the fitness center and over age 21.
- A guardian can not be anyone under 21.
- The 12+ year olds will be allowed to use any and all machines at any time during the day. No goofing around will be tolerated.
- Any and all supervisors have the right to deny any member use of any or part of the fitness center if they feel the individuals are at risk of injury.
- The 12+ year olds will be shown different selectorized machines for usage. If the angle of the joint being lifted can be 90 degrees and maintain that proper form, then the 12+ year old will be allowed to use that machine. If they are too small to reach or cannot maintain 90 degree angle during the lift, then they will be encouraged to use dumbbells to successfully accomplish that lift.
- The members must be 12 to work out under these guidelines. **NO EXCEPTIONS.**
- Everyone must adhere to the policies and procedures set forth for the TAG Center Fitness Room or their membership privileges will be reviewed and/or revoked.
- All completed orientations will be kept on record and will be checked by staff to verify compliance.